

POST-HOLIDAY DETOX – POMEGRANATE BERRY SMOOTHIE

By Kimberli Washington, Public Information Office



(Makes about 8 ounces.)

Ingredients:

- **¼ cup pomegranate juice**
(Pomegranate juice contains the maximum amount of antioxidants, helps reduce high blood pressure and maintains blood sugar levels.)
- **1 cup blueberries (fresh or frozen)**
(Blueberries are rich in antioxidants, aid in reducing belly fat and help preserve vision and brain health.)
- **½ cup plain yogurt**
(Plain yogurt aids with digestive health.)
- **2 tablespoons pomegranate molasses**
(Pomegranate molasses helps immune system and lowers cholesterol.)
- **4 mint leaves**
(Mint leaves aid with digestive health.)
- **Crushed ice**

Directions:

- Blend all ingredients together until smooth. Add more juice or crushed ice for desired consistency.
- Serve immediately or put in freezer until ready to serve.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.